N & W RELIEF FUND

Members of the Norfolk and Western Railway's Relief Fund have re-elected three employees to the advisory committee and chosen two new men in the annual balloting.

Re-named are A. M. Via, conductor, Norfolk Division, Roanoke, district 1; E. N. Camden, conductor, Radford Division, Roanoke, district 2; and L. H. Elmore, machinist, Roanoke shops, district 5. New members are P. J. Brady, chief chiller, Pocahontas Division, Williamson, W. Va., district 3, and G. W. Dials, car repairer, Portsmouth, Ohio, district 4.

The fund's quarterly report released by Superintendent T. H. Farmer shows that $180,069 was paid to members or beneficiaries in the third three months of 1958. Receipts were $135,530, of $45,539 less than disbursements. The fund had a credit balance on September 30 of $5,599,976.

Since the fund was started in July, 1917, benefits totaling $25,096,577 have been paid. Relief and Pension Department operating expenses amounting to $6,791,019 have been paid entirely by the Norfolk and Western.

Health and Beauty

Almost all mothers have been faced with the problem of when to call a physician for consultation about a sick child. Most think twice about calling the family doctor out at 3 A. M.

Doctors urge that a physicia be called whenever a child's temperature exceeds 100 degrees, no matter the hour. In addition, a headache that has persisted for more than twelve hours an extreme loss of appetite and a cold or cough that has ersisted for three days all merit a physician's attention.

A physician should be consulted when a child has unusual pain in any part of the body, sudden and unusual bladder control, persistent vomiting and indications of intestinal bleeding.

Demanding immediate medical attention are signs of an earache and indications of a head injury, particularly when accompanied by vomiting.

Some doctors say that it is not necessary for parents to call a physician when children contact routine colds. However, it is necessary for a parent to contact the family doctor if the cold persists or if the child looks different in general appearance of acts differently.

Unusual paleness, tiredness, lack of interest, unusual irritaibility, anxiousness, restlessness and prostration must all be noted and when there is no known cause, it is best to consult your family doctor by phone.

Subscription rate: $2.00 a year; payable in advance.

About The Home

Vitamin C is a most important vitamin and is doubly important during the cold winter months as it protects us against colds. All citrus fruits are especially high in vitamin C. Green vegetables are a fine source.

The vegetables which are naturally high in vitamin C include green peppers, broccoli, raw cabbage, collards, garden cress, kale, kohlrabi, mustard greens, turnip greens, and spinach. Those to be cooked must be in good condition beforehand and coked with care.

The pot chosen for cooking vegetables should have a cover that fits perfectly. Use only a small amount of water and wait until the water has started to boil before placing the vegetables in the pot. Cook the vegetables until they are just tender if you want to get the highest vitamin value.

Keep vegetables from wilting before you cook them if you want the most in vitamin value from them. Many vegetables, especially those that are deep green, offer a good measure of both vitamin A and vitamin C when harvested. What happens between harvest time and when vegetables reach the family table decides how much vitamin C they still have.

If they have wilted, it is a safe bet that not much of this fragile vitamin is left. Even if you revive them in ice water or in the refrigerator, their vitamn C is not restored.

Vegetables that have become limp and wilted may still contain vitamin A and important minerals, but not vitamin C. Those that show signs of bruising, have lost considerable vitamin A as well as C.

If you are lucky enough to have your own home grown vegetables, you will find that it will benefit you to treat them gently, wash as necessary and get them into the refrigerator as promptly as possible.

VOLCANO IN BATHROOM

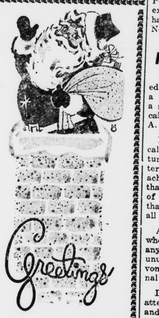
Brenham, Texas.- Paul Kasprowicz, 5, told his mother the commode was "shooting up like a volcano."

She phoned city engineer reporting that wet cement was pouring out of the bathroom fixture.

Meanwhile, workers forcing cement into a Sante Fe Railroad dump couldn't understand why so much mix was needed to stabilize that section of the dump.

Once everyone got etogether, they found the pressure behind the cement had broken a sewer line and then backed up the line into the nearby Kasprowicz house.

New methods may lead to control of H-bomb.



May this Holiday Season be one that will remain in your memory as one of the happiest you ever had. A Merry Christmas to all!

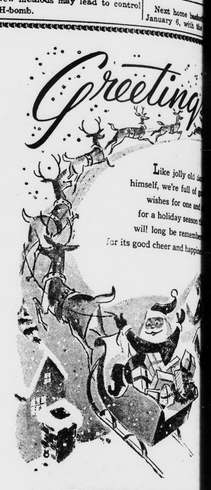
Cole's Dairy

John C. Cole, Prop.
Appomattox, Virginia

To one and all of our good friends, we send our heartiest greetings and best wishes for a very happy holiday season, richly endowed with good times and good fellowship.

W. R. Reynolds Store

• Appomattox, Va. •



Like jolly old Santa himself, we're full of good wishes for one and all, for a holiday season that will long be remembered for its good cheer and happiness.

BEASLEY'S Texaco Servicent

Route 460 Grover Beasley, Jr., Prop. Appomattox, Va. Phone

May you rediscover during this festive season all of the high-hearted joys and good cheer of an old fashioned Yuletide, complete with friendships warmly renewed and old times happily remembered . . . abounding in all the good things of life.

No holiday season would be complete for us without a sincere expression of thanks to our loyal patrons for their confidence and good will. We hope that we may continue to serve you all in 1959

Webb's Tire Service

Martin L. Webb, Prop.
RECAPPING GENERAL TIRES
Route 460 Appomattox, Va.

To all of you, whose friendship and loyalty have made this such a happy season for us, we send our warmest Holiday Greetings...and a sincere wish that the New Year may prove memorable for the many joys that it will bring to you and yours.

Sunny Harwood, Tom Coleman, Thelma Caldwell, Joel Martin, Henry Chernault, Robert Morris, Fleming Drinkard, Charlie Mitchell, Jack Caldwell, Bob Steppe, Mike Godsey, Howard Johnson, Dick Bass, Walter Ed Ba..., Les Daniels, Virgil Flesha...

Appomattox Hardware Company, Inc.

Dial 3131 Appomattox, Va.

...ount Us In, Too ...The Thrills Of ...he Season . . .

This is indeed, and properly so, the most thrilling Season of the year. . . . and one and all, we are happy to observe the wonderful way in which our great nation and its wonderful epople pay tribute to the festive spirit marking the Birthday of Christ.

It should add to the festive spirit of the season to observe that those of us so fortunate as to live in America have added blessings and things for which to be thankful — things which have given us the highest standard of living in all the world. Christ was born into a world of war, hate and fear. He taught a new philosophy and he brought new hope. It is a challenge to every generation to strive for His World of Peace and Goodwill — of Justice, Dignity and Rectitude.

Now, this week as you settle down for the traditional Christmas Season, we feel that we are part and parcel of all the blessings you enjoy. The fact that our community has had "a good year" and that there are so many happy homes, so many of our people well employed, so many able to face the New Year with confidence and trust, can only mean that a lot of people have done their jobs well, and that these benefits have been richly earned. The standard of living in a community is a team effort.

And so is the religious and cultural attainment of the people. Surely, we will find time at this season to remember in our prayers for blessings those public spirited people who have worked to make our churches, our schools, our civic clubs, our town and county governments, and our sum-total of activity in and around Appomattox so outstanding. yes . . . . the workers in the factories, the clerks in the stores and shops, the farmers and their families, the school children and teachers . . . . all the effort that went into making 1958 a creditable year. . . . comes to mind, and merits remembrance and citation.

For our part, we are proud of the business effort made in Appomattox this year. We have sought to make you welcome, to serve you, and to team up with you in all things that were of mutual advantages. Our community will prosper and go forward only in proportion to the way we work together and support our home institutions. For what has been done, we are proud; for what can and will be done, we are dedicated and resolved, never to go backward, but always to press on to attain the best as each new horizon unfolds.

This Community Message Sponsored, as a public Service, by the following "Growing With Appomattox" firms and institutions

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Oscar Jamerson & Sons
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...rmers National Bank
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Member Federal Reserve
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